

# CNRJ Firefighters Compete In One Peak Challenge

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Two members of Command Navy Region Japan Fire & Emergency Services Okinawa competed in the first ever One Peak Challenge January 12, 2012.

One Peak is similar to the Scott Firefighter Challenge, in which firefighters compete against each other through rigorous obstacles.

Through an extensive selection, 25 participants were selected from different departments throughout Japan. The challenge aired on Japanese television, demonstrating the rigors of the firefighting profession. Firefighter Masato Miura and Fire Captain Miyazato were 2 of 3 Department of Defense firefighters selected to participate in the One Peak Challenge.

The course consisted of four timed events that required competitors to navigate, climb and cross demanding obstacles. The first station encompassed climbing a three-story building utilizing a retrofitted ladder, or roof ladder, from one window seal to the next followed by a rappel to the ground floor on the opposite side of the structure.

The next station comprised of deploying a hand line and knocking down simulated fire targets, followed by pushing a 15-pound ball up a slope into a basket

with the fire stream.

The third station consisted of creating a rope harness and applying it to a 75- pound mannequin and ultimately hoisting, after ascending six stories on a vertical ladder. After the hoist, the participant crossed a high-line and pulled the mannequin to safety.

The last station included crawling through a 150 ft. maze in order to rescue a victim from a confined space, then deploying a hand line to extinguish a small kitchen fire.

Mission complete!

One out of 25 competitors Firefighter Miura completed the challenge to be named One Peak.

Miura recalled, "The course was intense, however, I was prepared for the challenge because of my physical fitness regimen at the fire station."

As a result of his accomplishment, Miura received recognition as one of the best firefighters in Japan after winning the One Peak Challenge.

Miura said his father is from the Tohoku area that experienced the 9.0 earthquake last year. His family and friends were all involved in the relief efforts and they never gave up. "Because

of their dedication, I didn't give up on this competition," said Miura. "I hope I can encourage the people in Tohoku by showing them that I am doing my best."

